

We claim:

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1. A set of cards for interactive psycho/social evaluation of a client individual by a therapist comprising;

a first subset of five heading cards, each heading card having one of the phrases;

(a) "I Really Am Not {2}";

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(b) "I Am Not Most of the Time {8}";

(c) "I Do Not Know If I Am or Not {11}";

(d) "I Am Most of the Time {8}";

(e) "I Really Am {2}"; and

a second subset of thirty-one adjective cards, each adjective card having a different one of the words;

(A) Listening; (B) Confident; (C) Trusting; (D) Open; (E) Laughing; (F) Kind;

(G) Supportive; (H) Friendly; (I) Aware; (J) Compassionate; (K) Forgiving; (L) Helping;

(M) Optimistic; (N) Passive; (O) Distrustful; (P) Avoiding; (Q) Insecure; (R) Dishonest;

(S) Manipulative; (T) Defensive; (U) Afraid; (V) Threatened; (W) Jealous; (X) Critical;

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(Y) Hateful; (Z) Revengeful; (AA) Pessimistic; (BB) Inattentive; (CC) Distracted;

(DD) Hyper; (EE) Impulsive.

2. A method of interactive psycho/social evaluation of a client individual by a therapist comprising;

(a) providing a first set of five column headings, each heading having one of the phrases;

(i) "I Really Am Not {2}";

- 5 (ii) "I Am Not Most of the Time {8}";
- (iii) "I Do Not Know If I Am or Not {11}";
- (iv) "I Am Most of the Time {8}";
- (v) "I Really Am {2}";

(b) providing a second set of thirty-one adjective words;

10 (A) Listening; (B) Confident; (C) Trusting; (D) Open; (E) Laughing; (F) Kind;

(G) Supportive; (H) Friendly; (I) Aware; (J) Compassionate; (K) Forgiving;

(L) Helping; (M) Optimistic; (N) Passive; (O) Distrustful; (P) Avoiding; (Q) Insecure;

(R) Dishonest; (S) Manipulative; (T) Defensive; (U) Afraid; (V) Threatened;

(W) Jealous; (X) Critical; (Y) Hateful; (Z) Revengeful; (AA) Pessimistic;

15 (BB) Inattentive; (CC) Distracted; (DD) Hyper; (EE) Impulsive;

(c) forming five separate columns, each column having one of the column heading phrases therein from the first set;

(d) distributing, by the client individual, each of the thirty-one adjective words from the second set into one of the five separate columns with a heading therein, the number of adjective words distributed in each column corresponding to the number in parenthesis of each column heading, the individual adjective words each distributed into one of the five columns by the client individual matching the adjective word with the phrase of the heading therein;

(e) obscuring the adjective words distributed in columns having the headings "I Really Am Not {2}", "I Do Not Know If I Am or Not {11}", and "I Really Am {2}";

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- (f) removing, be the client individual, complementary word pairs from columns having the headings “I Am Not Most of the Time {8}”, and “I Am Most of the Time {8}”, one word of each complementary pair found in each column;
- (g) obscuring the adjective words remaining in the column having the heading “I Am Not Most of the Time {8}”;
- (h) asking the client individual “Do the adjective words remaining in the column having the heading “I Am Most of The Time {8}” describe you?”;
- (i) asking the client individual “How do you behave when frustrated?”, and revealing the adjective words in the column having the heading “I Really Am {2}”;
- (j) asking the client individual “How do you behave when angry?”, and revealing the adjective words in the column having the heading “I Really Am Not {2}”; and
- (k) asking the client individual “How do the adjective words remaining in the “I Am Most of the Time {8}” column apply to the pattern of your behavior, and is that behavior pattern productive?”.

3. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 2 wherein, the five separate column headings are arranged in the order: “I Really Am Not {2}”; “I Am Not Most of the Time {8}”; “I Do Not Know If I Am or Not {11}”; “I Am Most of the Time {8}”; and “I Really Am {2}”.

4. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 2 wherein, the five separate column headings and the thirty-one adjective words are provided in a printed medium.

5. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 2 wherein, the five separate column headings and the thirty-one adjective words are provided on a video screen.

6. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 2 wherein, a complementary word for the word "Afraid" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

5 and wherein, a complementary word for the word "Avoiding" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Laughing, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word "Aware" is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word "Compassionate" is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and

15 Threatened;

and wherein, a complementary word for the word "Compassionate" is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

20 and wherein, a complementary word for the word "Confident" is selected from the group
consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful,
Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic,
Revengeful, and Threatened; and wherein, a complementary word for the word "Critical" is
selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly,
25 Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;
and wherein, a complementary word for the word "Defensive" is selected from the group
consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening,
Open, Optimistic, Supportive, and Trusting;
and wherein, a complementary word for the word "Dishonest" is selected from the group consisting
30 of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Open, Supportive, and
Trusting;
and wherein, a complementary word for the word "Distracted" is selected from the group consisting
of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open,
Optimistic, Supportive, and Trusting;
35 and wherein, a complementary word for the word "Distrustful" is selected from the group consisting
of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open,
Optimistic, Supportive, and Trusting;
and wherein, a complementary word for the word "Forgiving" is selected from the group consisting
of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper,
40 Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful,
and Threatened;

and wherein, a complementary word for the word “Friendly” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and

45 Threatened;

and wherein, a complementary word for the word “Hateful” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Helping” is selected from the group
50 consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word “Hyper” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Listening, Open, Optimistic,
55 Passive, Supportive, and Trusting.

7. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 2 wherein, a complementary word for the word “Impulsive” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Supportive, and Trusting;

5 and wherein, a complementary word for the word “Insecure” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Supportive, and Trusting;

and wherein, a complementary word for the word “Jealous” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open,

10 Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Kind” is selected from the group consisting of Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, and Revengeful;

15 and wherein, a complementary word for the word “Laughing” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Passive, Supportive, and Trusting;

and wherein, a complementary word for the word “Listening” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, 20 Revengeful, and Threatened;

and wherein, a complementary word for the word “Manipulative” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Open” is selected from the group consisting of

25 Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word “Optimistic” is selected from the group consisting

of Avoiding, Critical, Defensive, Distrustful, Hateful, Insecure, Jealous, Manipulative, Pessimistic, 30 Revengeful, and Threatened;

and wherein, a complementary word for the word “Passive” is selected from the group consisting of

Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Pessimistic” is selected from the group

35 consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Revengeful” is selected from the group

consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

40 and wherein, a complementary word for the word “Supportive” is selected from the group

consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word “Threatened” is selected from the group

45 consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Trusting” is selected from the group consisting of Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened.

8. A method of interactive psycho/social evaluation of a client individual by a therapist comprising;

(a) providing a set of cards comprising;

(i) a first subset of five heading cards, each heading card having one of the phrases;

(a) “I Really Am Not {2}”;

(b) “I Am Not Most of the Time {8}”;

(c) “I Do Not Know If I Am or Not {11}”;

(d) “I Am Most of the Time {8}”;

(e) “I Really Am {2}”; and

(ii) a second subset of thirty-one adjective word cards, each adjective card having one of the words;

(A) Listening; (B) Confident; (C) Trusting; (D) Open; (E) Laughing; (F) Kind;

(G) Supportive; (H) Friendly; (I) Aware; (J) Compassionate; (K) Forgiving;

(L) Helping; (M) Optimistic; (N) Passive; (O) Distrustful; (P) Avoiding;

(Q) Insecure; (R) Dishonest; (S) Manipulative; (T) Defensive; (U) Afraid;

(V) Threatened; (W) Jealous; (X) Critical; (Y) Hateful; (Z) Revengeful;

(AA) Pessimistic; (BB) Inattentive; (CC) Distracted; (DD) Hyper;

(EE) Impulsive;

- (b) forming five separate columns, each column having one of the heading cards therein from the first subset;
- (c) distributing, by the client individual, each of the thirty-one adjective cards from the second subset into one of the five separate columns with a heading card therein, the number of adjective cards distributed in each column corresponding to the number in parenthesis of each column heading card, the individual adjective cards each distributed into one of the five columns by the client individual matching the adjective word with the phrase of the heading card therein;
- (d) obscuring the adjective cards distributed in columns having the heading cards "I Really Am Not {2}", "I Do Not Know If I Am or Not {11}" and "I Really Am {2}";
- (e) removing, by the client individual, complementary word card pairs from columns having the heading cards "I Am Not Most of the Time {8}", and "I Am Most of the Time {8}", one card of the complementary pair found in each column;
- (f) obscuring the adjective cards remaining in the column having the heading card "I Am Not Most of the Time {8}";
- (g) asking the client individual "Do the adjective word cards remaining in the column having the heading card "I Am Most of The Time {8}" describe you?";
- (h) asking the client individual "How do you behave when frustrated?", and revealing the adjective word cards in the column having the heading card "I Really Am {2}";
- (i) asking the client individual "How do you behave when angry?", and revealing the adjective word cards in the column having the heading card "I Really Am Not {2}"; and

40 (j) asking the client individual “How do the adjective words on the remaining cards in the “I Am Most of the Time {8}” column apply to the pattern of your behavior, and is that behavior pattern productive?”.

9. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 8 wherein, the five separate column heading cards are arranged in the order: “I Really Am Not {2}”; “I Am Not Most of the Time {8}”; “I Do Not Know If I Am or Not {11}”; “I Am Most of the Time {8}”; and “I Really Am {2}”.

10. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 8 wherein, a complementary word for the word “Afraid” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

5 and wherein, a complementary word for the word “Avoiding” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Laughing, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Aware” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper,

10 Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word “Compassionate” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful,

Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and

15 Threatened;

and wherein, a complementary word for the word “Compassionate” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

20 and wherein, a complementary word for the word “Confident” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

25 and wherein, a complementary word for the word “Critical” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting; and wherein, a complementary word for the word “Defensive” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

30 and wherein, a complementary word for the word “Dishonest” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Open, Supportive, and Trusting;

and wherein, a complementary word for the word “Distracted” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

35 and wherein, a complementary word for the word “Distrustful” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Forgiving” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful,

40 Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word “Friendly” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful,

45 and Threatened; and wherein, a complementary word for the word “Hateful” is selected from the group Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Helping” is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful,

50 Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word “Hyper” is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Listening, Open, Optimistic, Passive; Supportive, and Trusting.

11. A method of interactive psycho/social evaluation of a client individual by a therapist according to claim 8 wherein, a complementary word for the word “Impulsive” is selected from

the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Supportive, and Trusting;

5 and wherein, a complementary word for the word "Insecure" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Supportive, and Trusting;

and wherein, a complementary word for the word "Jealous" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open,

10 Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word "Kind" is selected from the group consisting of Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, and Revengeful;

and wherein, a complementary word for the word "Laughing" is selected from the group consisting
15 of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Passive, Supportive, and Trusting;

and wherein, a complementary word for the word "Listening" is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper, Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic,

20 Revengeful, and Threatened;

and wherein, a complementary word for the word "Manipulative" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word "Open" is selected from the group consisting
25 of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Hyper,

Impulsive, Inattentive, Insecure, Jealous, Laughing, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word "Optimistic" is selected from the group consisting of Avoiding, Critical, Defensive, Distrustful, Hateful, Insecure, Jealous, Manipulative, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word "Passive" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word "Pessimistic" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word "Revengeful" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word "Supportive" is selected from the group consisting of Afraid, Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Impulsive, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened;

and wherein, a complementary word for the word "Threatened" is selected from the group consisting of Aware, Compassionate, Confident, Forgiving, Friendly, Helping, Kind, Listening, Open, Optimistic, Supportive, and Trusting;

and wherein, a complementary word for the word “Trusting” is selected from the group consisting of Avoiding, Critical, Defensive, Dishonest, Distracted, Distrustful, Hateful, Inattentive, Insecure, Jealous, Manipulative, Passive, Pessimistic, Revengeful, and Threatened.